

MY SAFETY PLAN



RECOGNISE WARNING SIGNS?

Thoughts, images, moods, situations and behaviours?

Light blue torn-edge paper area for writing warning signs.

COPING STRATEGIES?

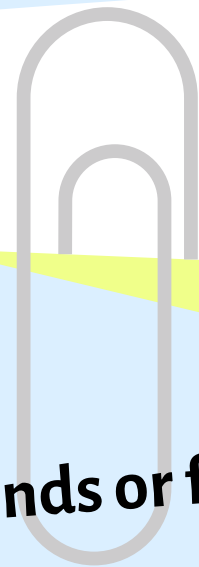
List some things you can do on your own to not act on the thoughts or urges

Four horizontal light blue bars for writing coping strategies.



CONTACTS

List some contacts of friends or family you can talk to



Light blue paper area for writing contacts, with a paperclip and a green shadow effect.

ENVIRONMENT?

Is your environment safe? List any places you feel safe and ways you can limit any access to harming yourself if needed

Seven horizontal dashed lines for writing environment details.

CONTACT A PROFESSIONAL

In an emergency always call 999

CAMHS 24/7 Crisis Team - 0151 293 3577 or 0808 1963 550 (Up to ages 18)
Merseycare 24/7 Crisis Line - 0800 145 6570 (16+)
Samaritans 24/7 - 116 123
Free text service SHOUT - 85258

Scan for advice on suicidal thoughts

